## Listing of the Claims:

 (Original) A method of forming a powder metal material, the method comprising:

compressing at least a portion of an iron-containing metallurgical powder in a die at no greater than 20 tsi to provide a green compact, wherein the metallurgical powder comprises sponge iron; and sintering the compact.

- (Original) The method of claim 1, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- (Original) The method of claim 1, wherein the metallurgical powder comprises at least 10 up to 50 weight percent sponge iron.
- 4. (Original) The method of claim 1, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized ironcontaining powder.
- 5. (Original) The method of any of claims 1 and 4, wherein sintering the green compact comprises induction sintering the green compact.

- 6. (Original) The method of claim 1, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 7. (Original) The method of claim 1, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 8. (Original) The method of claim 1, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.
- (Original) The method of claim 1, wherein the green compact has a green strength of at least 1000 psi.
- 10. (Original) The method of claim 1, wherein the green compact has a density of at least 4.0 g/cc.
- 11. (Original) The method of claim 1, further comprising:hot forming the sintered compact.
- 12. (Original) The method of claim 1, wherein the metallurgical powder optionally includes at least one of:

up to 3 weight percent graphite;

up to 6 weight percent nickel;
up to 3 weight percent molybdenum;
up to 10 weight percent copper;
up to 2 weight percent manganese;
up to 3 weight percent chromium; and
up to 0.3 weight percent internal lubricant.

13. (Original) A method of forming a powder metal material, the method comprising:

compressing at least a portion of an iron-containing metallurgical powder in a die to provide a green compact, wherein the metallurgical powder comprises sponge iron and at least one of an atomized iron powder and an atomized iron-containing powder;

sintering the compact.

- 14. (Original) The method of claim 13, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.
- 15. (Currently Amended) The method of [any of] claim 13, wherein sintering the green compact comprises induction sintering the green compact.
- 16. (Original) The method of claim 13, wherein the metallurgical powder further comprises up to about 0.3 weight percent of internal lubricant.

- 17. (Original) The method of claim 13, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 18. (Original) The method of claim 13, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure no greater than 20 tsi.
- 19. (Original) The method of claim 13, wherein the green compact has a green strength of at least 1000 psi.
- 20. (Original) The method of claim 13, wherein the green compact has a density of at least 4.0 g/cc.
- 21. (Original) The method of claim 1, further comprising:

  hot forming the sintered compact.
- 22. (Original) A powder metal material formed by a method comprising: compressing at least a portion of an iron-containing metallurgical powder in a die at no greater than 20 tsi to provide a green compact, wherein the metallurgical powder comprises sponge iron; and sintering the compact.

- 23. (Original) The powder metal material of claim 22, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- 24. (Original) The powder metal material of claim 22, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.
- 25. (Original) The powder metal material of claim 22, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized iron-containing powder.
- 26. (Original) The powder metal material of claim 22, wherein sintering the green compact comprises induction sintering the green compact.
- 27. (Original) The powder metal material of claim 22, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 28. (Original) The powder metal material of claim 22, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.

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- 29. (Original) The powder metal material of claim 22, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.
- 30. (Original) The powder metal material of claim 22, wherein the green compact has a green strength of at least 1000 psi.
- 31. (Original) The powder metal material of claim 22, further comprising: hot forming the sintered compact.
- 32. (Original) A powder metal material formed by a method comprising: compressing at least a portion of an iron-containing metallurgical powder in a die to provide a green compact, wherein the metallurgical powder comprises sponge iron and at least one of and atomized iron powder and an atomized iron-containing; and sintering the compact.
- 33. (Original) The powder metal material of claim 32, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- 34. (Original) The powder metal material of claim 32, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.

- 35. (Original) The powder metal material of claim 32, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized iron-containing powder.
- 36. (Original) The powder metal material of claim 32, wherein sintering the green compact comprises induction sintering the green compact.
- 37. (Original) The powder metal material of claim 32, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 38. (Original) The powder metal material of claim 32, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 39. (Original) The powder metal material of claim 32, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.
- 40. (Original) The powder metal material of claim 32, wherein the green compact has a green strength of at least 1000 psi.
- 41. (Original) The powder metal material of claim 32, further comprising:

  hot forming the sintered compact.

- 42. (Original) An article of manufacture comprising the material of any of claims 22 and 32.
- 43. (Original) The article of manufacture of claim 42, wherein the article is one of a bearing, a cam, a gear, and a sprocket.
- 44. (New) The method of claim 1, wherein compressing at least a portion of an iron-containing metallurgical powder comprises compressing the metallurgical powder in a die at less than 20 tsi to provide the green compact.
- 45. (New) The method of claim 44, wherein the metallurgical powder comprises at least 10 up to 50 weight percent sponge iron.
- 46. (New) The method of claim 44, wherein the metallurgical powder comprises at least 15 up to 25 weight percent sponge iron.
- 47. (New) The method of claim 44, wherein sintering the green compact comprises induction sintering the green compact.
- 48. (New) The method of claim 47, wherein the metallurgical powder comprises no more than about 0.3 weight percent internal lubricant.
- 49. (New) The method of claim 47, wherein green compact has green strength of at least 1000 psi.

- 50. (New) The method of claim 47, wherein green compact has density of at least 4.0 g/cc.
- 51. (New) The method of claim 44, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 52. (New) A method of forming a powder metal material, the method comprising:

  compressing at least a portion of an iron-containing metallurgical

  powder including 15 up to 25 weight percent sponge iron and no more than 0.3

  weight percent internal lubricant in a die at less than 20 tsi to provide a green

  compact having a green strength of at least 1000 psi; and

  sintering the green compact.
- 53. (New) The method of claim 52, wherein sintering the green compact comprises induction sintering the green compact.
- 54. (New) The method of claim 13, wherein the metallurgical powder comprises at least 15 up to 25 weight percent of the sponge iron.
- 55. (New) The method of claim 13, wherein compressing at least a portion of an iron-containing metallurgical powder comprises compressing the metallurgical powder in a die at less than 20 tsi.
- 56. (New) The method of claim 15, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.

- 57. (New) The method of claim 56, wherein compressing at least a portion of an iron-containing metallurgical powder comprises compressing the metallurgical powder in a die at less than 20 tsi.
- 58. (New) The method of claim 57, wherein the green compact has a green strength of at least 1000 psi.
- 59. (New) The method of claim 58, wherein the green compact has a density of at least 4.0 g/cc.